



national  
**women's health** week  
*State Employee Activities*

An annual observance encouraging women to make their health a priority.

May 15th - 17th State Capitol Executive Tower



Monday & Tuesday Only 11am—1:30pm

30+ VENDORS, HEALTH INFORMATION, FREE SCREENINGS, CHAIR MASSAGES



Schedule your  
 Mammogram  
 today!  
 480.967.3767



Screenings include:

- Blood Pressure
- Cholesterol Testing
- Glucose Testing
- Osteoporosis Assessment



ARIZONA **BENEFIT SERVICES** DIVISION  
ARIZONA DEPARTMENT OF ADMINISTRATION

What's On Your  
 Health-Oriented  
 Bucket List?



*Presentations*

**CHECK FOR THE LUMP Monday, 5/15, 11:30am-12:30pm**

2nd Floor Executive Tower "Don't be a Chump! Check for a Lump! - Learn the latest facts on breast cancer and empower yourself with effective preventive tips to lower your risk. We invite you to STEP UP to prevention.



**FINANCIAL WELLNESS Tuesday, 5/16, 11:30am-12:30pm 2nd Floor Executive Tower**



Are you a member of a Credit Union? Find out why you should be. Learn how membership can help to improve your financial wellness and about the many products and services being offered. Special incentives for joining.

**WOMEN AND HEART DISEASE: DON'T STRESS! Wednesday, 5/17 11:30am-12:30pm 3rd Floor AZ Capitol Museum** - Under the Capitol Dome. We invite you to come learn and relax with us as we discuss the risks and signs of heart disease, while practicing methods to reduce stress through an active Tai Chi session. Tai Chi as a proactive self-care practice used to enhance balance and flexibility, while also reinforcing relaxation, calm, and harmony.

**Supporting Women Through Donations - Drop Off Mon & Tues Only**

*Clothing*

Gently used & new women's professional apparel. Clothing on hangers is preferred, however bags will gladly be accepted

*Toiletries*

Shampoos & conditioners, brushes & combs & soaps, deodorants & toothbrushes & toothpaste

*Menstrual Hygiene*

Collecting unopened packaged tampons, pads & wipes